

# Missoula County Model School Wellness Policy

**Eat Smart Nutrition Standards  
Move More Physical Activity Standards**




Prepared by Missoula City-County Health Department


March 2006

# Eat Smart Nutrition Standards




|  | Basic   | Improved   | Proficient  | Superb   |
|--|---|--|---|--|
| <b>SCHOOL MEALS</b><br><br><b>National School Lunch Program</b><br><br><b>School Breakfast Program</b> | <p>In compliance with USDA School Meals Initiative 7CFR 210 and 220.</p>  | <p>In compliance with USDA 7CFR 210 and 220.</p> <p>In addition, meals include:</p> <p>3 fruits (some fresh) and/or vegetables (not fried) offered for lunch</p> <p>Foods containing whole grains offered 3 days a week</p> <p>One reimbursable lunch and breakfast offered daily has no more than 30% of calories from fat and less than 10% from saturated fat</p> | <p>In compliance with USDA 7CFR 210 and 220.</p> <p>In addition, meals include:</p> <p>4 fruits (some fresh) and/or vegetables (not fried) offered for lunch</p> <p>Foods containing whole grains offered 4 days a week.</p> <p>2 reimbursable lunches and breakfasts offered daily have no more than 30% of calories from fat and less than 10% from saturated fat</p> <p>All milk choices, except whole milk, allowed</p> | <p>In compliance with USDA 7CFR 210 and 220.</p> <p>In addition, meals include:</p> <p>4 fruits (some fresh) and/or vegetables (not friend) offered for lunch, at least 1 raw</p> <p>Foods containing whole grains offered daily</p> <p>Every reimbursable lunch and breakfast offered daily has no more than 30% of calories from fat and less than 10% from saturated fat</p> <p>Must serve unflavored low fat milk</p> <p>May serve flavored low fat milk</p> <p>May serve unflavored and flavored non-fat milk</p> |


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| <p><b>A LA CARTE</b></p> <p>All other food and beverage items sold in school cafeteria or in other locations where school meals are served or eaten</p>  | <p>No local policy</p> | <p><b>Pre K-5:</b><br/>If a la carte food sales permitted, these options may be sold:</p> <ul style="list-style-type: none"> <li>• Same portion size of any item served that day for school meal</li> <li>• Fruit (some fresh) or vegetables (not fried)</li> <li>• Yogurt</li> <li>• Any milk offered in school meal that day</li> <li>• Water</li> <li>• 50-100% juice with no added sweeteners, maximum 8 oz</li> </ul> <p><b>Grades 6-8:</b><br/>Same as above except:</p> <ul style="list-style-type: none"> <li>• Juice maximum 12 oz</li> <li>• Add nuts and seeds &lt; 1 oz</li> </ul> <p><b>Grades 9-12:</b><br/>Same as above, plus:</p> <ul style="list-style-type: none"> <li>• 50% of snack choices have no more than 200 calories per portion</li> <li>• Sports drinks maximum 100 calories</li> </ul> | <p><b>Pre K-5:</b><br/>If a la carte food sales permitted, these options may be sold:</p> <ul style="list-style-type: none"> <li>• Same portion size of any item served that day for school meal</li> <li>• Fruit (some fresh) or vegetables (not fried).</li> <li>• Yogurt</li> <li>• Any milk offered in school meal that day</li> <li>• Water</li> </ul> <p><b>Grades 6-8:</b><br/>Same as above, except:</p> <ul style="list-style-type: none"> <li>• 50%-100% juice, no added sweeteners, maximum 8 oz</li> <li>• Nuts and seeds maximum 1 oz</li> </ul> <p><b>Grades 9-12:</b><br/>Same as above, except:</p> <ul style="list-style-type: none"> <li>• 75% of snack choices maximum 200 calories</li> <li>• 50%-100% juice, no added sweeteners, maximum 12 oz</li> <li>• Sports drinks no more than 100 calories</li> </ul> | <p><b>Pre K-5:</b><br/>If a la carte food sales permitted, these options may be sold:</p> <ul style="list-style-type: none"> <li>• Same portion size of any item served that day for school meal that meets the following: <ul style="list-style-type: none"> <li>≤35% total calories from fat, excluding nuts and seeds</li> <li>≤10% calories from saturated fat</li> <li>≤35% added sugar by weight</li> </ul> </li> <li>• Fruit (some fresh) or vegetables (not fried)</li> <li>• Yogurt</li> <li>• Any milk offered in school meal that day</li> <li>• Water</li> </ul> <p><b>Grade 6-8:</b><br/>Same as above, plus nuts and seeds maximum 1 oz</p> <p><b>Grades 9-12:</b><br/>Same as above except:</p> <ul style="list-style-type: none"> <li>• 100% of snack choices have no more than 200 calories</li> <li>• 50%-100% juice, no added sweeteners, maximum 12 oz</li> <li>• Sports drinks no more than 100 calories</li> </ul> |

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|--|--|--|--|---|
| <b>VENDING BEVERAGES</b><br><br> | <p>In compliance with USDA prohibition against sale of foods of minimal nutritional value where school meals are served or eaten</p> | <p>In compliance with USDA prohibition</p> <p><b>Pre K-5:</b><br/>No beverage vending</p> <p><b>Grades 6-8:</b><br/>If policy permits vending, may only include:</p> <ul style="list-style-type: none"> <li>• Water—any size</li> <li>• Low fat or non fat milk, flavored or unflavored, any size, maximum 360 calories</li> <li>• 50-100% juice with no added sweeteners, maximum 12 oz</li> </ul> <p><b>Grades 9-12:</b><br/>If policy permits vending, same as above, plus:</p> <ul style="list-style-type: none"> <li>• Sports drinks that contain no more than 100 calories</li> <li>• If sodas allowed outside meal period, maximum 12 oz</li> </ul> | <p>In compliance with USDA prohibition</p> <p><b>Pre K-5:</b><br/>No beverage vending</p> <p><b>Grades 6-8:</b><br/>In compliance with USDA prohibition, if policy permits vending, may only include:</p> <ul style="list-style-type: none"> <li>• Water– required, any size</li> <li>• Low fat or non fat milk, flavored or unflavored, any size, ≤360 calories</li> <li>• 50-100% juice with no added sweeteners, no larger than 8 oz</li> </ul> <p><b>Grades 9-12:</b><br/>If policy permits vending, same as above, plus:</p> <ul style="list-style-type: none"> <li>• Sports drinks maximum 100 calories</li> </ul> | <p>In compliance with USDA prohibition</p> <p><b>Pre K-5:</b><br/>No beverage vending</p> <p><b>Grades 6-8:</b><br/>If policy permits vending, may only include:</p> <ul style="list-style-type: none"> <li>• Water– required, any size</li> <li>• Low fat or non fat milk, flavored or unflavored, any size, ≤360 calories</li> </ul> <p><b>Grades 9-12:</b><br/>If policy permits vending, same as grade 6-8, plus:</p> <ul style="list-style-type: none"> <li>• 50-100% juice with no added sweeteners, no larger than 8 oz</li> <li>• Sports drinks maximum 100 calories</li> </ul> |

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| <b>VENDING<br/>SNACK FOODS</b>   | In compliance with USDA prohibition against sale of foods of minimal nutritional value where school meals are served or eaten  | In compliance with USDA prohibition<br><br>Grades 6-12:<br>50% of choices have no more than 200 calories   | Pre K-5: No snack vending<br><br>Grades 6-12:<br>75% of choices have no more than 200 calories   | Pre K-5: No snack vending<br><br>Grades 6-12:<br>100% of choices have no more than 200 calories  |
| <b>AFTER SCHOOL<br/>PROGRAMS</b>   | All beverages and snacks meet minimum NSLP guidelines regardless of funding source<br><br> | In addition, snacks on 2 days of the week meet these standards: <ul style="list-style-type: none"> <li>• ≤35% total calories from fat, excluding nuts and seeds</li> <li>• ≤10% total calories from saturated fat</li> <li>• ≤35% added sugar by weight</li> </ul> | In addition, snacks on 3 days of the week meet these standards: <ul style="list-style-type: none"> <li>• ≤35% total calories from fat, excluding nuts and seeds</li> <li>• ≤10% total calories from saturated fat</li> <li>• ≤35% added sugar by weight</li> </ul> | In addition, snacks on all days of the week meet these standards: <ul style="list-style-type: none"> <li>• ≤35% total calories from fat, excluding nuts and seeds</li> <li>• ≤10% total calories from saturated fat</li> <li>• ≤35% added sugar by weight</li> </ul> |
| <b>SCHOOL EVENTS</b><br>Classroom Events, Celebrations, Class Snacks, Meetings, Parties, Fundraisers, Concessions, Intra-mural Events, Extra Curricular Activities |  | Local policy developed by school/community committee with nutrition guidance [to be attached]. Policy applied to 2 event categories  | Local policy developed by school/community committee with nutrition guidance [to be attached]. Policy applied to 4 event categories  | Local policy developed by school/community committee with nutrition guidance [to be attached]. Policy applied to 6 event categories  |

# Move More Physical Activity Standards

|   | Basic   | Better  | Best  |
|---|---|---|---|
| <b>Physical Activity</b><br><br>Can be accrued in 10 minute segments in a variety of ways | 20 minutes a day of moderate to vigorous activity | 40 minutes a day of moderate to vigorous activity | 60 minutes a day of moderate to vigorous activity |